



# Are you sitting comfortably?

Before you switched your PC on today you should have undertaken a brief workstation assessment. You should take time to answer simple questions such as is your chair in a comfortable position? Is your PC at eye level and free of glare? Is your work area clear of obstruction? etc. The few seconds you spend doing this will help ensure your life doesn't become one of pain as a result of you suffering from RSI.



Repetitive Strain Injury (RSI) is a very real issue in workplaces in the United Kingdom and it can happen to anyone, regardless of age, through failing to check your workstation, adopting a poor posture when working or failure to take breaks from repetitive work (such as VDU work).

Hundreds of thousands of workers in the UK suffer from its symptoms and failure to address the causes can lead to a lifetime of excruciating pain and inability to undertake basic everyday tasks people take or granted.

Whilst as your employer, **AXA** must demonstrate a duty of care for your safety, they cannot force you to check your workstation on a daily basis, report the problems you find to your manager or change your work practices to relieve problems. That is **your** responsibility, but the brief time it takes you to do this, will hopefully ensure you don't face a lifetime of pain.

## Repetitive Strain Injury outside the office...

Whilst your work PC workstation is likely to be the main risk for you to suffer RSI, it is not the only potential hazard.

Home PC's are another risk and the workstation checks you undertake at work should be repeated at home. The hazard is increased if you use a laptop and are not sat correctly or the laptop is not set down on a table (it might be called a laptop, but sitting with it on your lap is pretty silly!).

Mobile phone texting is another area the RSI charity **RSIAction** is concerned with. People who use mobile phones one handed in a claw position, texting with their thumb puts an enormous strain on the tendons of the arm. They recommend users massaging their thumb and hand, as well as rotating their hands at the wrists (see [www.rsiaction.org.uk](http://www.rsiaction.org.uk))

Games consoles such as Playstations and X-Box's are also a worry, with their impact on young users who adopt poor postures and fail to regulate their use, children as young as 7 have developed 'Difuse RSI' and some students are unable to physically write papers for GCSE's and A-Levels. Users (and parents of users) should moderate their use and take regular breaks.



## Win an exclusive wrist rest!

Be the envy of your friends and work colleagues by winning one of 100 exclusive "Give Your Wrist A Rest" wrist rests from Amicus.

All you need do to win one is answer this really simple question:

**What does RSI stand for?**

and email the answer by the 23<sup>rd</sup> February to:

[Richard.M.Brooks@axa-sunlife.co.uk](mailto:Richard.M.Brooks@axa-sunlife.co.uk)

(All correct answers will be entered into a draw for a chance to win a wrist rest.)

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